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**FOR IMMEDIATE RELEASE****New Year, New Opportunities: Tranzform Fitness Grand Haven Brings New Fitness and Wellness Experiences to the Grand Haven Community**

Grand Haven, MI (January 9, 2026) - Tranzform Fitness Grand Haven is kicking off 2026 with a lineup of new fitness and wellness experiences designed to support physical strength, stress management, and long-term health for the Grand Haven community. Upcoming events include a Stress Management Workshop: *The Energy Blueprint* and the SHEStrong Open House. Both programs are focused on helping individuals start the year with intention, confidence, and sustainable habits.

The Energy Blueprint is a practical stress-management workshop designed to help participants take back control of their time, focus, and energy. Attendees will identify common stressors, learn a simple, proven system for structuring an intentional week, and leave with actionable steps to align daily priorities with what matters most.

The workshop will be led by Kristen Kosidowski, Strategist, Executive Coach, and Founder of The Mindset Engineer. "So many people start the year exhausted before it even begins," said Kosidowski. "The Energy Blueprint is about helping people design weeks that actually support their energy, focus, and values so that they can show up fully for their work, their health, and their lives."

Date: Thursday, January 15

Time: 7:00–8:00 PM

Location: Tranzform Fitness Grand Haven

More information:

<https://tranzformgh.com/event/stress-management-workshop-the-energy-blueprint/>

The SHEStrong Open House is an educational evening designed to help women better understand menopause, manage stress, and build strength with confidence. The event will feature guest speaker Diana Bitner, MD, MSCP, FACOG, co-founder and Chief Medical Officer of true. Women's Health.

Dr. Bitner is a nationally recognized leader in women's midlife and menopause care and will discuss how intentional movement, nutrition, and lifestyle habits can support long-term wellness during menopause. Attendees will also have the opportunity to ask questions and learn more about the SHEStrong Fitness Program.

"Every woman deserves a good menopause, where she feels strong, informed, and supported," said Dr. Bitner. "Movement, strength training, and lifestyle habits are powerful tools during midlife. When women understand how to work with their bodies and not against them, they can build resilience, confidence, and long-term health."

Date: Wednesday, February 4

Time: 6:45 PM

RSVP: <https://tranzformgh.com/shestrong/>

The SHEStrong Fitness Program is a women-focused, science-based fitness experience designed for women ages 35 to 60+ who want to build strength, improve energy, and feel confident in their bodies. Classes meet weekly on Tuesdays & Thursdays at 5:00 AM, 4:00 PM, and 5:00 PM in Grand Haven.

"At Tranzform, our goal is to create a space where people feel empowered, not intimidated," said Lindsey Lieto, Owner of Tranzform Fitness Grand Haven. "The SHEStrong program and The Energy Blueprint event reflect our belief that fitness should support real life."

In addition to The Energy Blueprint Workshop and SHEStrong Open House, Tranzform Fitness Grand Haven offers a range of specialized programs, including Tranzform Elite and Fit For Life. **Tranzform Elite** is designed for individuals seeking high-intensity strength training and advanced performance progressions, while **Fit For Life** offers modified, individualized workouts for those looking to build strength at their own pace.

To schedule a personalized fitness evaluation, visit: <https://tranzformgh.com/#contact>

About Tranzform Fitness Grand Haven

Tranzform Fitness Grand Haven's mission is to inspire lifelong transformation for everyone who walks through its doors. With experienced coaches invested in client success, Tranzform provides the tools, guidance, and support needed to create sustainable, lasting change. The studio welcomes individuals of all fitness levels and ages and is committed to fostering a comfortable, motivating environment.

Current offerings include boot camps, small-group training, personal training, Fit For Life, Tranzform Elite, and SHEStrong.

For class schedules, upcoming events, and program information, visit: <https://tranzformgh.com>

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